A new year invites reflection, intention, and growth. Growth doesn't happen in isolation, it happens in relationship.

We have some excellent groups starting in the next few weeks, thoughtfully designed to support emotional regulation, self-awareness, and meaningful change. Let this New Year be about you!! 🥰

1. Women's Changing Course group beginning, Tuesday 1/13 @ 7:00pm.
2. Adult DBT group beginning Wednesday 2/4/26 @ 6:00pm.
3. Middle School DBT Social Skills group beginning Wednesday 2/4/26 @ 4:00pm

Reach out to allison@anchoredinhealing.com for more information and to sign up. Spaces are limited so reach out today!

Women's Changing Course Group

A supportive space for women ready to reflect, reconnect, and create meaningful change. Build insight, strengthen emotional regulation, and move forward with intention alongside others on a similar journey.

Adult DBT Group

Learn practical DBT skills to manage emotions, improve relationships, and navigate life's challenges with greater balance and confidence. Ideal for adults seeking structure, support, and real-world tools for change.

Middle School DBT Social Skills Group

Designed to help middle schoolers build emotional awareness, communication skills, and healthy peer connections in a safe, engaging group environment.

Changing Course

Challenge the beliefs shaping your life.

This group is a powerful opportunity to reconnect with your true self and create lasting change from the inside out. Through guided discussion, experiential exercises, and supportive community, participants will learn how to break old patterns, challenge limiting beliefs, and build healthier relationships with themselves and others.

Together we will explore the stories we have unconsciously internalized and accepted as truths, as well as the habits that shape how we show up in the world. By recognizing what is no longer serving us, we can begin making empowered choices and intentionally adopting healthier beliefs and behaviors that support growth, clarity, and emotional freedom.

This group provides a safe, structured space to practice applying the new agreements in daily life to create more peace, confidence, and alignment. Participants will walk away with practical tools for improving communication, setting healthy boundaries, responding rather than reacting, and showing up more authentically. Whether you're seeking personal growth, emotional healing, or a deeper sense of inner freedom, this group offers the guidance and support needed to create meaningful, sustainable change.

When: Tuesdays from 7:00 – 8:00pm
Location: Anchored in Healing Office
Cost: $40 per group meeting
Group Structure: 10-week closed group (once we begin the group, no new people can join in).
Participants: For a more intimate experience, space is limited to 8 women

Group Begins on Tuesday, January 13, 2026

Facilitator: Jennifer Pascual, LMSW, CSAT

Jennifer is known for her warm, intuitive approach and her ability to help clients challenge old beliefs and step into healthier patterns. She brings both expertise and genuine care to her groups, creating a space where participants feel supported and inspired to grow.

FOR ANY QUESTIONS OR TO SECURE YOUR SPOT, REACH OUT TO ALLISON TO SIGN THE GROUP CONTRACT.
ALLISON@ANCHOREDINHEALING.COM

AnchoredinHealing.com

An 8-Week Skills-Based Group for Middle School Students

Learn Practice Connect

Who This Group Is For:

Students ages 11–14 who struggle with starting or maintaining conversations, making or keeping friends, handling conflict or peer pressure, managing emotions in social situations, or feeling confident at school or in the community.

What We'll Do:

This group provides a safe, supportive space for students to learn and practice practical social skills they can use every day. Each session will include interactive instruction and guided role-playing based on real-life school and community situations. Skills are taught in clear, practical ways and practiced through realistic role-plays. Students learn what to say, how to say it, and when to use each skill, with supportive coaching focused on progress—not perfection.

Skills We Practice

- Starting and maintaining conversations
- Active listening and perspective-taking
- Assertive communication and self-advocacy
- Conflict resolution and relationship repair
- Emotion regulation in social situations
- Navigating healthy interpersonal interactions within the family system, school, and community.

When: Wednesdays 4:00pm-5:00pm
Location: Anchored in Healing Office
Cost: $40 per session
Group Structure: In-person, 8 week small group (6–10 students)

Group Begins 02/04/26

For any questions or to secure your child's spot, email allison@anchoredinhealing.com

Facilitator: Julianne Albright, MSW
Julianne enjoys connecting with people of all ages and empowering them with practical, concrete skills for managing emotions and relationships to create positive change in their lives.

4048 Luke Ct. Suite C. Murfreesboro, TN 37128
AnchoredinHealing.com

BUILD A BETTER LIFE

ADULT DBT SKILLS GROUP

PROBLEM-SOLVING & PRACTICAL SKILLS FOR EVERYDAY LIFE

This adult Dialectical Behavior Therapy (DBT) skills group is designed to help you tackle real-life challenges with clarity and confidence. You'll learn practical tools to solve problems effectively, reduce emotional overwhelm, and move toward a life that feels more balanced and meaningful.

Taking small, skillful steps can lead to meaningful change. Join us and start building a better life—one problem at a time.

When: Wednesdays from 6:00-7:00pm
Location: Anchored in Healing Office
Cost: $40 per group meeting
Group Structure: Closed group, with new cycles starting every 10 weeks.
Space is limited to 10 adults (18+)

Group Begins on Wednesday 02/04/2026

For any questions or to secure your spot, email allison@anchoredinhealing.com

What you'll learn:

- Structured Problem-Solving: Break down challenges into manageable steps
- Decision-Making Skills: Weigh options and choose actions aligned with your values
- Emotion Regulation: Manage intense emotions that get in the way of progress
- Distress Tolerance: Cope skillfully during tough moments without making things worse
- Building a Life Worth Living: Set goals and take steps toward what matters most

Facilitator: Julianne Albright, MSW
Julianne enjoys connecting with people and empowering them with practical, concrete skills for managing emotions and relationships to create positive change in their daily lives.

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